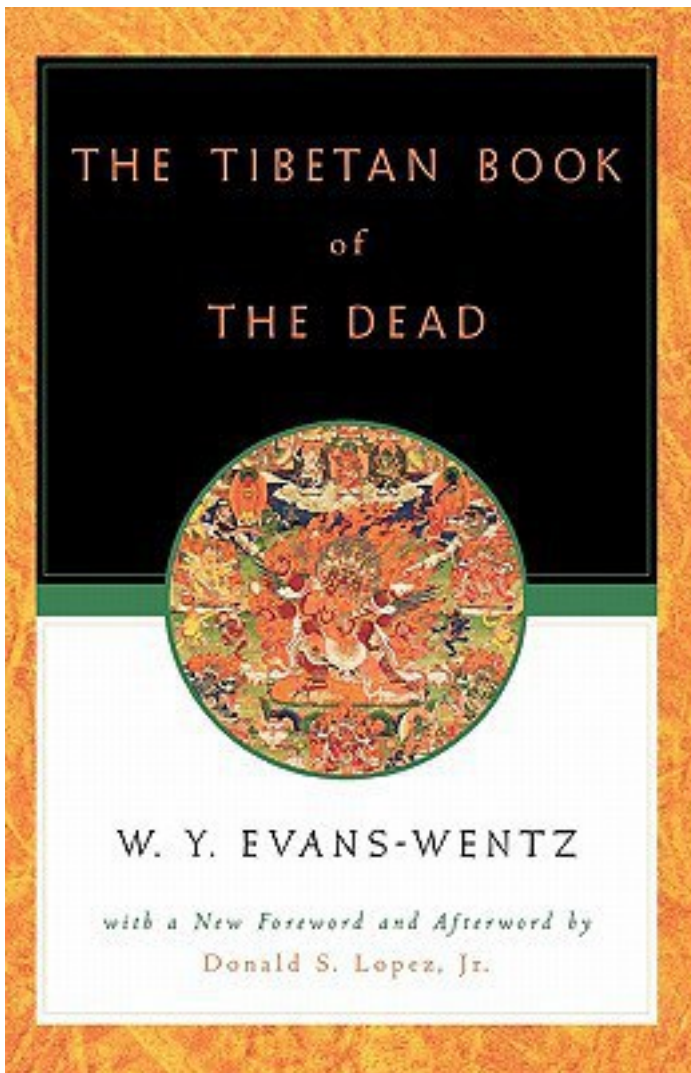


The Tibetan book of the dead



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The Tibetan Book of the Dead, whose actual title is "The Great Liberation upon Hearing in the Intermediate State" or "Bardo Thodol", is traditionally believed to be the work of the legendary Padma Sambhava in the 8th century A.D. The book acts as a guide for the dead during the state that intervenes death and the next rebirth. He is considered to be one of the first persons to bring Buddhism to Tibet. The Bardo Thodol is a guide that is read aloud to the dead while they are in the state between death and reincarnation in order for them to recognize the nature of their mind and attain liberation from the cycle of rebirth.

The Bardo Thodol teaches that once awareness is freed from the body, it creates its own reality as one would experience in a dream. This dream occurs in various phases (bardos) in ways both wonderful and terrifying. Overwhelming peaceful and wrathful visions and deities appear. Since the deceased's awareness is in confusion of no longer being connected to a physical body, it needs help and guidance in order that enlightenment and liberation occurs. The Bardo Thodol teaches how we can attain Nirvana by recognizing the heavenly realms instead of entering into the lower realms where the cycle of birth and rebirth continue.

作者介绍:

目录:

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标签

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西藏生死书

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textbook

评论

Only through loss, we recall; through death, we reborn. This edition captures all the essential commentaries/interpretations/admirations frozen in time up to the summer of love, or we could say, the age of innocence.

是人间太苦吗所以不要轮回要achieve Nivana。哪怕都说自我是一切烦恼的根源，在我把自我挣扎明白之前我还不想eliminate it. 不过死了之后或许真的不会想再来一遍了。

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书评

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